

For Your Health

A Healthy New Year!

New Years resolutions often include plans for eating healthier and exercising more. Many diet programs and gyms offer special deals during this time of year to attract new members. The Bedford Council on Aging is proud to offer a wide variety of affordable classes to help you stay well all year round:

Quarterly Membership (\$85.00) - Includes unlimited attendance to any of the following classes for 12 weeks. Payments due in January, April, July, October.

Combo Classes: 9:00 AM Monday (Andrea), Wednesday and Friday (Sharon) 1-hour of moderate to high impact aerobics and weight strengthening.

Pilates and Stretch: 30 minutes starting at 10 AM on Mondays (Andrea)

Weight Strengthening: Tuesday 9:30 AM and Thursday 10 AM (Sophia) 1-hour in a chair or on your feet!

Gentle Chair Exercise: Wednesday 12:30 PM (Madeline) great for improving range of motion and balance!

"The Punch Card" (\$55.00) - Includes unlimited attendance to 10 of any of the following classes. New cards may be purchased at any time at the Council on Aging.

***Gentle Chair Exercise:** Wednesday 12:30 PM (Madeline) *if you attend only this one class*

Tai Chi: Thursdays at 1:00 PM with instructors from the Oriental Healing Arts Association

Zumba Gold: Tuesdays at 4:00 PM (Vera) This Latin-inspired music and dance steps is designed to tone the entire body and includes a variety of international music with fast and slow rhythms.

Chair Yoga (includes Meditation): Mondays 9:30 AM (Laraine) and Fridays 9:30 AM (Helen)

Floor Yoga (includes Meditation): Mondays 1:00 PM and Thursdays 9:00 AM (Laraine)

****Those who currently take one class per week for \$55 may also use the punch card****

OsteoFitness - Build Bones and Balance (\$160) - Taught by Beverley Ikier on Tuesdays and Fridays at 12:30 PM (includes 20 sessions). Osteofitness™ for Osteoporosis and Osteoarthritis is more than just strengthening. The program focuses on joint mobility with progressive resistance training to increase bone density, a training method developed by Miriam Nelson, PhD, and others.

Tap Dance (\$55) - Taught by Chuck Frates on Tuesdays at 11:00 AM (includes 10 sessions)

Are you looking for a fun way to get some exercise without going to a gym? Or maybe you simply love to dance. No previous tap dancing experience is required, only the desire to have fun (and a pair of tap shoes of course!)

These classes are designed so that YOU are in control of your movements and intensity, and you will be encouraged to modify your exercise (up or down) to accommodate your needs. We welcome newcomers to try out a class with no obligation to join. Please let us know if you are interested. People often find that participating in group exercise helps them stay motivated and even makes exercising fun! If you have any questions about any of the above options, please call the COA at (781) 275-6825.

Health Services

Podiatry Clinic: Dr. Bryant Tarr's next clinic is scheduled for **Friday January 31** from 8:00 AM to 11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

Ask a Nurse: Community Health Nurse, Joyce Cheng will be at the COA on **Friday January 10 at 1:00 PM** and **Monday January 27 at 1:00 PM** to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

SHINE Health Benefits Help! If you have questions about health benefits, our SHINE counselors from Minuteman Senior Services will be available **Tuesday January 14** beginning at 10:00 AM and **Wednesday January 15** beginning at 2 PM. Call to make an appointment! If you cannot leave your home, she will call you.

Free Hearing Clinics: Brian Knight from Rogers Hearing Solutions will be here on **Tuesday January 14** from 10:30-12. Joe Sarofeen of Apex Hearing will be here on **Thursday January 16** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What You Need To Know

FROM THE OFFICE OF CONGRESSMAN JOHN F. TIERNEY

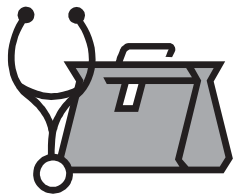
CONNECTING SIXTH DISTRICT SENIORS WITH THE FEDERAL
RESOURCES AND SERVICES THEY DESERVE

MY OFFICE CAN HELP WITH:

- ISSUES WITH MEDICARE AND SOCIAL SECURITY.
- GUIDANCE WITH HOME MORTGAGE ISSUES.
- SENIOR-DIRECTED IDENTITY SCAMS AND TIPS ON HOW TO PROTECT YOURSELF.
- ASSISTANCE TO VETERANS AND THEIR FAMILIES, INCLUDING HELP WITH BENEFITS CLAIMS.
- CONSUMER PROTECTION SERVICES.

CONTACT MY OFFICE:

PEABODY: (978) 531-1669 LYNN: (781) 595-7375
WWW.TIERNEY.HOUSE.GOV



Get the Most From Your Yearly Physical

What questions do we ask and when? What does Blood pressure really mean? Why do I take so many medications? With all of these things in mind how do we address the needs of the healthcare recipient? This program will review all of things we may take for granted in terms of going to the doctor. Join Michelle Caron from Greater Medford VNA on **Tuesday January 21 at 10:00 AM** to discuss all that is needed to successfully feel like you have gotten the most out of your visit with your doctor.



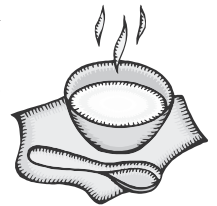
Fuel Assistance Program

Applications for fuel assistance are currently being accepted. If you could use some help paying your home heating bills, the Fuel Assistance Program may be for you! To be eligible, you must be a Bedford resident and have a maximum income of \$32,065 for a one-person household to \$41,932 for couples. Contact the COA at (781) 275-6825 for more information or to set up an appointment. All information will be held strictly confidential. Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!



January is National Oatmeal Month!

In January of each year, after the holiday season has passed, and as low temperatures set in across the country our country, recognizes oatmeal for its nutritional value in what is known as National Oatmeal Month. Join us on **Thursday, January 9** at 9:00 AM to enjoy a bowl of oatmeal with all your favorite toppings! Improve dietary health through the consumption of oatmeal and see what other healthy benefits oatmeal can contribute in your life! Please call to sign up as space is limited!



Edna St. Vincent Millay Poetry Seminar

Back by popular demand, Stephen Collins will be offering another 6-week poetry seminar beginning Friday January 3 at 10:30 AM. Edna (1892-1950) infused new life into poetic forms, bringing hope to a generation of youth disillusioned by the political and social upheaval of the first World War. She was considered a spokesperson for her personal freedom in America, particularly for women. She enjoyed a Bohemian lifestyle. Her poems deal with romantic love, loss, betrayal and patriotism. Please read the poem "Renascence" before the first class (copies are available at the COA). A great biography is Nancy Milford's "Savage Beauty". The cost of this class is \$50 for 6-weeks or \$10 per class (payable directly to Stephen Collins).

The Computer Corner

Computer Club A round table discussion will be held on **Wednesday January 15** at 10:00 AM. Please let us know if there are any special topics you are interested in learning about.

Computer Drop-In All are welcome!!! Our friendly Computer Club volunteers will be here each Tuesday and Thursday afternoon at 2:00 to help those with questions about any aspect of computer use.

Get Answers by Email! Todd Crowley answers the computer questions of Bedford residents by email! Just email your question to AskToddC@yahoo.com.